



# feeling great starts here

AUGUST IS  
Emotional Well-Being Month

FIVE WAYS TO IMPROVE YOUR EMOTIONAL WELL-BEING:  
[www.FOH.hhs.gov/calendar](http://www.FOH.hhs.gov/calendar)

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A couple is dancing on a sandy beach at sunset. The man is wearing a white t-shirt and blue jeans, and the woman is wearing a white long-sleeved shirt and blue jeans. They are both smiling and looking at each other. The background shows the ocean and a bright sunset sky.

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